

9/2/16 – Colorado Federal Executive Board (CFEB)
ALL EMPLOYEE ANNOUNCEMENTS – PLEASE DISTRIBUTE
<http://www.colorado.feb.gov/>

KNOW YOUR GOVERNMENT

The ability of the Federal government to prohibit discrimination in private businesses such as motels and restaurants derives from?

- a. The equal protection clause of the Fifth Amendment
- b. Its implied powers under the elastic clause
- c. Privileges and immunities
- d. The Supremacy clause
- e. Its power to regulate interstate commerce

*See below for the answer

###

WHITE HOUSE

President Obama's Proclamation - National Preparedness Month, 2016.
<https://www.whitehouse.gov/the-press-office/2016/08/31/proclamation-national-preparedness-month-2016>

###

SHOWCASE YOUR CREATIVE TALENT!

Fifth Annual Federal Employee Art Show

REGISTER ONLINE by September 23, 2016
<http://www.nationalartsprogram.org/state-of-colorado-federal-government/state-of-colorado-federal-governmentco-2016-registration-form>

The National Arts Program® was established in 1982 to identify, showcase, and reward the visual artistic talent in America. With over 80 exhibitions held in 38 states, artists of varying skill levels, from youth to professional produce around 15,000 pieces of visual art each year. Artists compete for cash prizes & the competition is open to federal employees & their immediate family members in Colorado.

CONTACTS

Nancy Mack | 303 236 0652 | nancy.mack@gsa.gov
Pamela Padia | 303 236 1551 | pamela.padia@gsa.gov

###

VOLUNTEERS NEEDED

9/11 National Day of Service & Remembrance

Operation Welcome Home with The Mission Continues [Denver 1ST Service Platoon](#)

September 11, 2016 | 8:00 am – Noon | Free BBQ Lunch

[Mount Saint Vincent](#) | 4159 Lowell Blvd | Denver CO

Jordan Daniel | 720-217-8991 | jdaniel@missioncontinues.org

Register online <https://www.missioncontinues.org/event/details?id=a1l400000049aObAAI>

Scope of volunteer not fully known, reach POC or visit page for updates. Expect lifting as the home gets ready for winter and the school year. The Home is showing its age and is on a 16 acre lot with only 3 maintenance persons, so they need all the help they can get. No Children under age of 16. Non-Veterans welcome.

###

FEDERAL LONG TERM CARE INSURANCE PROGRAM (FLTCIP)

www.LTCFEDS.com

Per Federal law, OPM must issue a new contract term every 7 years for FLTCIP. John Hancock Life & Health Insurance was awarded the contract effective 5/1/16. There will be significantly higher premiums to maintain the program. Therefore, OPM is holding an Enrollee Decision Period ONLY for FLTCIP enrollees from 7/18 - 9/16 to give them the opportunity to review their current coverage and make decisions that allow them to accept or alleviate the premium increase. Long Term Care Partners (LTCP), LLC, a subsidiary of John Hancock, will continue to administer the program.

###

CFEB RETIREMENT PLANNING CLASSES

<https://colorado.feb.gov/events-training/retirement-classes/>

###

SEPTEMBER

COLORADO REMEMBERS 9/11

September 11, 2016 | 1:00 pm | Civic Center Park, Denver, CO | www.coremembers911.org

###

US CHAMBER FORT CARSON TRANSITION SUMMIT

September 8, 2016 | 10:00 am - 2:00 pm | Fort Carson | Bldg. 6237 | 1626 Elwell St

Resume review | Interview Prep & Mock interviews for transitioning Service members, Veterans, Retirees, and Spouses

RSVP by September 6, 2016 to Pamela Kramer | 719 526 5199 | pamela.j.kramer.civ@mail.mil
or Nick Palarino | 719 526 4308 | nicholas.w.palarino.civ@mail.mil

###

2016 OEF/OIF WOMEN VETERANS RETREAT - COLORADO

September 11-16, 2016

Laura Tyson | laura@centerpointretreats.org

<http://www.centerpointretreats.org/wp-content/uploads/2016-Application-Wmn-Vet-Retreat-PDF.pdf>

###

TRANSITION SUMMIT - FORT CARSON

September 13-14, 2016 | Fort Carson, CO | Multiple venues | For Service members, veterans, and military spouses | <https://www.uschamberfoundation.org/event/fort-carson-transition-summit-0>

Personal Branding | Hiring Fair | Transition Education | Industry Workshop

###

2016 ROCKY MTN LABOR & EMPLOYMENT RELATIONS ASSOCIATION ANNUAL CONFERENCE

September 15 | 8:00 am – 4:00 pm | Denver University | 2055 E Evans Ave | Denver CO | Cost: \$100 Members/\$125 Non-Members

Join us for our Annual Conference featuring locally and nationally renowned speakers on a variety of labor and employment topics, including:

- ♦ Updates from the NLRB & EEOC
- ♦ The Affordable Care Act in 2016
- ♦ Discipline & Discharge in the Digital Age
- ♦ Surveillance in the Workplace
- ♦ The Gig Economy: Uber, Lyft and the Taxi Industry

- ♦ Generations in the Workplace
- ♦ Should Colorado Raise Its Minimum Wage?

Contact | Dennis Dougherty | 303 253 4315 | rockymountainlera@gmail.com
Register | http://50.87.169.168/co-rocky-mountain/blog/event/2016-rocky-mountain-lera-annual-conference/?instance_id=59#sthash.FWRDHKIA.dpbs

###

2016 VIRTUAL HUMAN RESOURCES (HR) TRAINING CONFERENCE

September 15, 2016 | Cost: \$85.00 per person
For more information, please email | VHRC@opm.gov

###

CONFERENCE ON NATIVE AMERICAN NUTRITION

September 26-27, 2016 | Prior Lake MN
<http://seedsofnativehealth.org/conference/>

###

AMERICA'S PREPAREATHON – DAY OF ACTION

September 30, 2016 | <https://community.fema.gov/> | A 508-compliant version of this memorandum is posted online for the benefit of visually-impaired readers at:
<https://www.chcoc.gov/content/america%E2%80%99s-prepareathon-%E2%80%93-september-30-2016-%E2%80%93-day-action>

###

OCTOBER & BEYOND

10TH ANNUAL VETERAN'S RESOURCE & JOB FAIR

October 1, 2016 | 9:00 am - 1:00 pm | Hudson Gardens | 6115 S. Santa Fe Drive, Littleton, CO |
Free - Open to Public

###

ROCKY MOUNTAIN LEADERSHIP PROGRAM

UCD SCHOOL OF PUBLIC AFFAIRS
October 3-8, 2016
www.rockymountainprogram.org
Stephanie Samano | 303.315.2494 | Stephanie.samano@ucdenver.edu

RMLP is a five and a half day program that provides an opportunity for professionals to break away from everyday tasks and responsibilities and focus on the big picture of public service, including: effective leadership, current trends in management and teamwork in the 21st century. The program will challenge participants to overcome the barriers, routines and paradigms that prevent success, and provide tools to improve your professional & personal effectiveness.

###

BLUEPRINT TO EXCELLENCE SUPERVISORY ACADEMY

October 18-20, 2016 | 8:30 am - 4:00 pm | Fort Collins CO

\$290.00 | Online Registration Required | <https://colorado.feb.gov/register/?ee=353>

CONTACT Dave Cawrse | 970 295 5780 | dcawrse@fs.fed.us

Transforming Federal Supervisors into Leaders. The 3-day training fulfills annual supervisory training requirements and addresses core competencies in Strategic Thinking, Flexibility, Resilience, Conflict Management, Developing others, Team Building, Customer Service, & Human Capital Management. This training is presented by the Colorado Federal Executive Board Northern Colorado Council.

###

FEDERAL FORUM ON RESILIENCY AND WELLNESS IN THE WORKPLACE

October 20, 2016 | 8:00 am – Noon

Department of the Interior Training Center | 7401 W Mansfield Dr | Denver CO 80235
Durango/Telluride Conference Room

FREE | Online Registration Required | <https://colorado.feb.gov/register/?ee=355>

AGENDA | <https://colorado.feb.gov/health-fitness/national-prevention-strategy/>

CONTACT Linda Stopp | 303 844 7891 | linda.stopp@hhs.gov

The Region VIII National Prevention Strategy Collaborative and the Colorado Federal Executive Board present the Federal Forum on Resiliency and Wellness in the Workplace to educate and engage staff and leaders in conversation about resiliency and wellness.

Expert speakers will share why workplace wellness is important for Federal workplaces and how it can contribute to well-being, productivity and resilience. Family-friendly policies and practices will be shared.

Participants will be introduced to new techniques and government-wide trends and will receive practical tools that integrate wellness and communication strategies into daily practice at work, and methods for setting goals for healthy eating, fitness, sleep, decreased stress, and building inner-strength.

Federal peers will share best practices about wellness programs and policies implemented in their agencies.

###

MAKE a DIFFERENCE DAY

October 22, 2016 | <http://makeadifferenceday.com/>

For the second year, the Colorado Federal Executive Board's (CFEB) Workforce Development Council (WDC) is soliciting volunteer opportunities at charitable organizations throughout Colorado on Make a Difference Day. In 2015, 116 feds volunteered at 11 nonprofit organizations in Colorado and we hope to double that effort in 2016!

###

OPM WMDC LEADERSHIP PROGRAMS CATALOGUE

<https://colorado.feb.gov/wp-content/uploads/2016/04/2016-OPM-WMDC-Courses.pdf>

###

DENVER COMMUNITY EMERGENCY RESPONSE TRAINING PROGRAMS

Register | <http://www.denvergov.org/oem> | DenverCERT@denvergov.org | 303 725 3084

###

TRAINING @ DOI UNIVERSITY

DOI University (DOIU) offers competency-based training courses and programs designed to increase the skills of all federal employees.

<https://doiu.doi.gov/catalog.html?type=sp&id=lakewood> |
<https://doiu.doi.gov/catalog.html?type=c>

###

DENVER FEDERAL CENTER DAM GOOD SPEAKERS TOASTMASTERS CLUB

Tuesday's | 11:30 am - 12:30 pm | DFC Building 67, Room 610 | Denver CO

CONTACT Jon Damiano | 303 445 2461 | jdamiano@usbr.gov

<http://damgoodspeakers.toastmastersclubs.org>

###

DFC FARMERS MARKET

Thursday's only | June 16 – September 8, 2016 | 11:00 am – 1:00 pm

Denver Federal Center Bicentennial Park

www.facebook.com/denverfederalcenter | www.gsa.gov/dfcfarmersmarket

Lauren Trenc | Lauren.Trenc@gsa.gov

###

VAN & CARPOOL

Vanpools needing riders are listed on the CFEB web site

<https://colorado.feb.gov/resources/van-pools/>

If you would like the CFEB to add your van or carpool to the web site, email the information to

gpage@colorado.feb.gov

###

HEALTH DOES MATTER

Yoga @ DENVER FEDERAL CENTER - WELLNESS CENTER

Denver Federal Center | Bldg. 75 | Kiel Hovland | 303 236 6911 | kiel.hovland@gsa.gov

Tuesday's | 5:00 – 6:00 pm | Yoga for beginners and intermediates

Thursday's | 5:00 – 6:00 pm | Yoga for beginners and intermediates

Sue Doty | Pre-register @ 720-252-7935 | dotys1@yahoo.com

Drop in Cost is \$10 –or- 4-Punch Pass - \$30 (Classes open to all: Feds & Non-Feds; Members & Non-Members)

FEHB VIRTUAL SERVICE

1st Wednesday of every FEHB pay period | 9:00 - 10:00 am

Hosted by Kaiser Permanente | 1 800 632 9700 | kp.org/feds

CONFERENCE LINE | 1 855 851 8843 | Code 570 038 434 #

ONLINE | www.kpfedtalk.org | Code kpfedtalk1 | Follow prompts for audio

Connect with FEDSTRIVE Region 8

Facebook - <https://www.facebook.com/FedStriveR8>
www.FOH.hhs.gov

Mile High Walking Club – Byron G Rogers Building

Every Monday | 12:00 – 12:30 pm | Meet right outside of the Byron Rogers Building

Every Wednesday | 11:30 am – 12:00 pm | Meet right outside of the Byron Rogers Building

Free, open to all federal employees & contractors
Brittany Plaven | 303 844 7333 | Brittany.plaven@foh.hhs.gov

BONFILS DFC BLOOD DRIVE

2nd Thursday of each month | 8:00 am - 1:30 pm
Denver Federal Center | Bldg. 67 | Hungry Horse Room
SCHEDULE AN APPOINTMENT | www.bonfils.org (site code is 2015) | 303 363 2300
Betty Palcsak | 303 236-6905 | bpalcsak@usgs.gov

###

LIGHTEN UP!

Did you ever notice that from the time you hang up the phone until the pizza guy shows up, the only conversation you have is "Where's the guy with our pizza?" - **Comedian Bob Marley**

###

PETS OF THE WEEK

Adopt a pet and save a life

Kaily | Lab/Shar-Pei/Staffie Mix | Female | 3 years old
MY FAIRY DAWG MOTHER RESCUE | 720 939 7017 | <http://www.dogrescuecolorado.org/>

Khojo (176626) | Bull Terrier mix | Male | 1 years old
FOOTHILLS ANIMAL SHELTER | 303-278-7575 | info@fas4pets.org
<http://www.FoothillsAnimalShelter.org>

Kelda (Mr.) | Cat/Domestic Short Hair | Male
ANGELS WITH PAWS SHELTER | 303-274-2264 | <http://www.angelswithpaws.net/>
<http://www.petfinder.com/petdetail/33210997>

###

VOLUNTEER OPPORTUNITIES

GOODWILL'S CAREERS PLUS GROUP MENTORING PROGRAM

Starts 12 September, 2016 | Federal Employee Mentors Needed

Goodwill's Careers Plus Group Mentoring Program is designed to increase youth's self-awareness, job readiness and post-secondary preparation through group formatted mentoring. Mentors meet with a group of 3-4 high school aged youth on a weekly basis in a classroom setting. This program offers mentors and mentees an opportunity to connect on a personal level while sharing career related experiences and guidance.

Please contact Evan Rose | 303 650 7714 | erose@goodwilldenver.org

VOLUNTEERS & FOSTER HOMES NEEDED FOR CAT SHELTER

Angels With Paws | 2540 Youngfield St | Lakewood CO

Please contact shelter manager Sondra Bailey | 303 274 2264 |

<http://www.angelswithpaws.net/volunteering/>

###

SISTERHOOD OF THE TRAVELING PETS

Saturdays (year round) | 9:00 am - 3:00 pm | Colorado Springs/Denver

<https://www.facebook.com/sisterhoodofthetravelingpets>

Sassie Skelton | 719 482 0705

###

JOB ANNOUNCEMENTS

<https://www.usajobs.gov/>

US Forest Service Rocky Mountain Region

<https://fsoutreach.gdcii.com/Outreach/> | Visit <http://www.fs.usda.gov/main/r2/jobs>

DOI, Bureau of Reclamation, Lakewood, CO

HR Specialist (Placement & Employee Relations) | GS-0201-11/12

<https://www.usajobs.gov/GetJob/ViewDetails/448397100>

HR Specialist (Reasonable Accommodation) | GS-0201-11/12

<https://www.usajobs.gov/GetJob/ViewDetails/448395900>

U.S. Trade and Development Agency (USTDA), Arlington, VA

Supervisory Financial Management Specialist | GS-0501-15

Merit Promotion | <https://www.usajobs.gov/GetJob/PrintPreview/446799800>

DEU | <https://www.usajobs.gov/GetJob/PrintPreview/446800100>

US Courts, Philadelphia, PA

Clerk of Court | JS-0301-15/18

<https://www.usajobs.gov/GetJob/ViewDetails/447305100/>

National Older Worker Career Center (NOWCC) AGE 55+ | Denver, CO

Professional Support to Preparedness Unit

https://www.nowcc.org/r/positions/view.aspx?record_id=3705

###

KNOW YOUR GOVERNMENT ANSWER

The answer is E: The Commerce Clause was the key element ending discrimination in public accommodations, which the Supreme Court recognized.

*Questions and Answers for Know your Government Trivia is taken from the Cliffs AP; U.S. Government & Politics, AP Test Prep book, – **Paul Soifer**

###

CFEB EMAIL ANNOUNCEMENTS

To submit information to be included in the announcements, please email it by Wednesday of each week to jconn@colorado.feb.gov in the following format.

Title

Date | Time

Location | 3333 W 32 Ave | Denver CO (no punctuation)

Cost (if applicable)

Brief Description (very short marketing blurb | a couple of bullet points or sentences)

CONTACT Name | 303 333 5555 | email

Website

Recent CFEB announcements are posted on the CFEB web site

<https://www.colorado.feb.gov/index.php?content=10&page=Announcements>

###

Have a safe and wonderful Labor Day weekend

Gay & Jeff

Gay Page | CFEB Executive Director | gpage@colorado.feb.gov

Jeff Conn | CFEB Outreach Strategist | jconn@colorado.feb.gov

Colorado Federal Executive Board (CFEB)

Denver Federal Center | Bldg. 810 Room 5014 | PO Box 25567 | Lakewood CO 80225-0567

303 202 4588 | <http://colorado.feb.gov/index.php>

Working for the greater good by creating partnerships for intergovernmental communication & collaboration!

Please email jconn@colorado.feb.gov to subscribe or unsubscribe from CFEB email